

The Canadian Red Cross Society

ALBERTA DIVISION



JUNIOR RED CROSS HANDBOOK



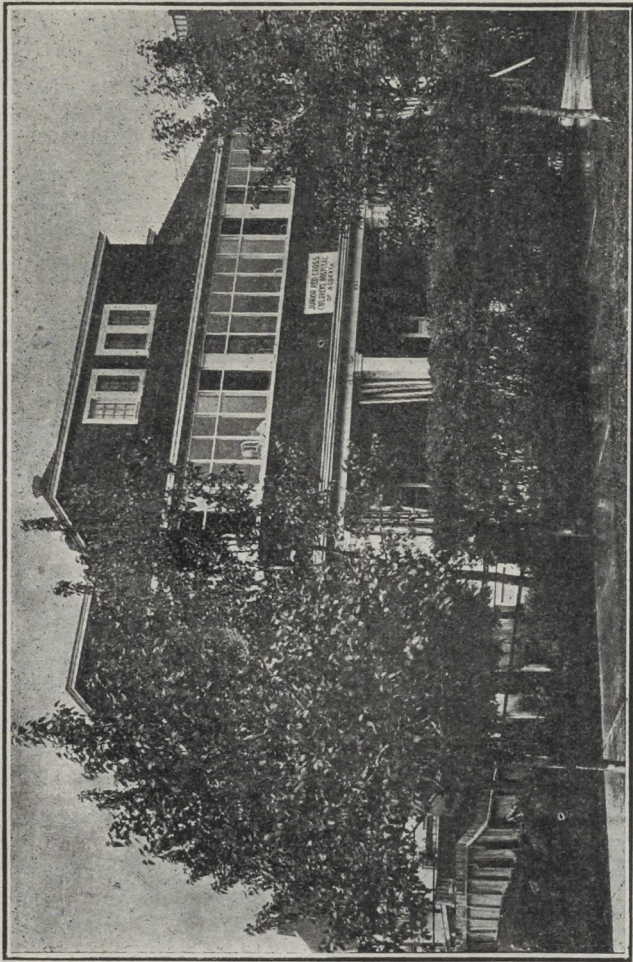
Headquarters—
Beveridge Building, Seventh Avenue East
CALGARY, ALBERTA

CANADIAN RED CROSS
ALBERTA DIVISION



JUNIOR RED CROSS
HANDBOOK

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Junior Red Cross Hospital, 522 18th Ave. West, Calgary.

JUNIOR RED CROSS

HANDBOOK



THE Junior Red Cross is the medium through which the Canadian Red Cross must introduce amongst our children and young people such Red Cross instruction and activities as have an educational and social value. To ensure success the work should be built up around the school as the basis of organization. Only through the medium of the schools can our children in the country be reached.

AIMS.

1. To enlist the services of our children and young people on behalf of suffering childhood and the needs of those children less fortunately situated than themselves, whether at home or abroad, especially children of soldiers or those suffering as a result of the great war.

2. Through Junior Branches to make Red Cross service applicable generally to the health and social needs of children and young people.

3. To encourage through unselfish sacrifice and the knowledge of human needs those broadening interests and intelligent sympathies which make for a growth of true citizenship and a better understanding between nations and peoples.

4. To furnish to children and young people a useful and healthy outlet for their energies and definite purposes for which their talents may be employed.

CO-OPERATION WITH THE DEPARTMENT OF EDUCATION

This work should be carried on in close co-operation with the Department of Education in order that the aims and lessons of the Red Cross may be sympathetically and intelligently made known in the schools, and that teachers throughout the Province may be familiar with Junior Red Cross organization.

For this purpose the Department of Education endorses the Junior Red Cross work, and recommends:—

1. That where possible teachers be encouraged to assist in organizing Junior Branches.

2. That the teachers devote half an hour Friday afternoon, once a month, to Junior Red Cross meetings, or use Junior Red Cross material in connection with their classes.

3. That school buildings be used for Junior meetings taking place after school hours; these meetings to have Adult Supervision.

School authorities have no responsibility for raising funds or collecting fees, Junior officers being elected for this purpose.

MOTTO AND PLEDGE.

National Motto of the Junior Red Cross—"I SERVE."

Pledge of the Alberta Division:—

"I PROMISE:

To do my best to help children less happy
than myself.

To be a true Canadian.

And to be faithful to the Junior Red Cross."

METHOD OF ORGANIZATION.

The Provincial Head Office will co-operate with all those in charge of Junior Red Cross work, to assist in organization and to suggest methods of raising money or of interesting the children in the work of the Junior Red Cross.

In schools where there are a number of classrooms to be organized, a School Branch should be formed, after which groups may be organized in each classroom and special officers for the class elected. The President of the group should represent the classroom on school executive.

In organizing a branch of the Junior Red Cross, the initial procedure is as follows:—

1. Call a meeting of boys and girls interested, outline aims, objects and organization.

2. At this meeting the following officers should be elected: President, Vice-President, Secretary, Treasurer, or Secretary-Treasurer, and Magazine Circulation Manager. For duties of officers see Supplement 11.

3. A meeting day should be selected and Junior Headquarters notified to that effect, in order that any information or items of interest may be forwarded in time for the monthly meeting. For order of business and how to conduct meetings see Supplement 11.

4. An Adult Advisor or Advisors should be appointed. If the teacher will act in this capacity it is of great benefit to the Branch or group. The Adult Advisor attends the meetings, not to conduct them but simply to see that order is maintained and to give advice when consulted.

RULES.

1. The membership fee for Red Cross Juniors is twenty-five cents (25c) and upon payment of this fee each child shall be entitled to a Junior Membership Certificate and to a Junior Membership Badge.

Those in charge of Junior work should emphasize the fact that membership fees should be raised by some special effort or self-denial on the part of the child. Monies may be raised through the collective efforts of the Branch by entertainments, plays, concerts, bazaars, garden parties, etc. Money to cover payment of memberships for the Branch may also be raised in this way. Children should also be encouraged to make individual contributions from

time to time of money raised through their own efforts. Suggestions in regard to methods of raising money, work for the children, etc., may be obtained from the Provincial Office.

2. Membership in Junior Branches shall be limited to girls and boys under eighteen years of age.

3. No service other than that suggested in this handbook should be undertaken by any Junior Red Cross Branch without consulting the Superintendent of the Junior Red Cross at headquarters.

RELATION OF SENIOR LOCAL BRANCHES TO JUNIOR ORGANIZATION.

1. Each local Branch of the Senior Red Cross is requested to appoint a Junior Supervisor and a Junior Committee:

(a) The Junior Supervisor should attend meetings of the Senior Executive Committee, this forming the connecting link between the Seniors and Juniors. The duties of the Supervisor are to keep in touch with all Adult Advisors and to be responsible to Headquarters for the Junior Organization in his or her district.

SUPPLEMENTS CONTAINING DIRECTIONS FOR THE CARRYING OUT OF ACTIVITIES OUTLINED IN SCHEDULES.

The Supplements attached to this Handbook have intentionally been kept simple and are intended for non-graded schools and Junior grades.

Supplements for more advanced work are under course of preparation and may be applied for.



KEEPING THE PLEDGE

What may be Done by Red Cross Juniors

A.—PROVINCIAL EFFORT.

JUNIOR RED CROSS CHILDREN'S HOSPITAL

To enable the Red Cross Juniors of Alberta to assist as a unit in helping children less fortunate than themselves, the Junior Red Cross Children's Hospital has been opened at 522 Eighteenth Avenue West, Calgary. This Hospital is supported through the efforts of the boys and girls of Alberta, organized in the Junior Red Cross, and is intended for the treatment of children from all over Alberta whose parents cannot afford the expense of medical and hospital care. It is the first Junior Red Cross Children's Hospital in Canada and the second in North America. To assist the Hospital, is the first undertaking of every Red Cross Junior in Alberta. All monies sent in by Red Cross Juniors are placed in the Junior Red Cross Sick Children's Fund and are used solely for the purpose of assisting sick and crippled children to receive medical and surgical treatment. The administration expenses of the Junior Red Cross are borne entirely by the Senior Society so that every cent raised by the Juniors is used to help other children "less happy than themselves."

By arranging for the treatment of patients in its own Institution, the Junior Red Cross is able to administer the funds collected by the Juniors in the most economical and most advantageous manner, so as to give treatment to the largest number of children.

The Hospital accommodates forty patients, and since its opening, has been kept full. There is always a

long waiting list for admission. It is an attractive red brick building, with large verandahs, used as open air wards, and with a homelike atmosphere. The Physicians and Surgeons attached to the Hospital give their services free to the Junior Red Cross. The nursing staff consists of a Matron and four graduate nurses. There is a well equipped operating room, and many successes, both in the realm of Orthopaedic Surgery and along general lines, speak volumes for the adequacy of the service rendered. One little patient writing to her mother says: "I do not think there is another hospital in Canada or England or anywhere else where the children are so happy and well cared for as the children are here." e

In many cases the Junior patients are children who have been prevented by their disability from attending school. Others having attended school, were being handicapped by losing their chance of education, at the very period of their lives when it was most important, convalescence often running into many weeks and months. A qualified teacher has, therefore, been attached to the Hospital and regular lessons are given to those patients who are well enough to take them, to others, instruction in hand-crafts is given, according to their ability.

Every Junior Red Cross Branch in the Province is looked to for the support of this Hospital, which is the Juniors' own Institution. It is the evidence of their service and effort on behalf of other children. Such a union of Hands and Hearts amongst the children of this Province, must surely react for the good of the young people themselves, and the country in which they live. The Hospital is for all races, all creeds, and all the children of Alberta are asked to help. Surely the result will be to create a sense of kinship amongst children, which will lay the soundest foundation for the Canadianizing of all the different elements comprised in the citizens of the Province of Alberta.

Notwithstanding Government Grants, and much appreciated donations from individual friends and kindred

societies, the responsibility of supporting this Hospital lies on the members of the Junior Red Cross. Money may be raised by Sales of Work, and Home Cooking, by Suppers, Teas, Entertainments, Concerts, etc. Gifts of Equipment, Country Produce, Clothing, Toys, Books, Games, etc., are also welcome. The Hospital is open to visitors every day from two to four in the afternoon, and all are welcome.

See to it that your School Branch "DOES ITS BIT."

B.—LOCAL AND INDIVIDUAL ACTIVITIES.

The Junior Red Cross seeks to apply Red Cross service generally to the health and social needs of children and young people. The Red Cross wants the co-operation of young people in carrying out its programme. It invites every girl and boy to join in this work. It asks co-operation from teachers and educational leaders, because through the Junior Red Cross children are able to put into practice in their daily lives, the lessons which are learnt in the schoolroom. The following suggestions give an outline of the work which may be undertaken by Junior Red Cross Branches.

It will be noted that there are many suggestions for different kinds of work, but new Branches are warned against attempting too much to begin with or too much at once. Officers of Junior Branches and Adult Supervisors should study the outline of work suggested and fix on one or two activities and see that these are well organized and the children interested before attempting to take on further new work. The service undertaken should be something suitable to the ages and capacity of the members of your Junior Branch.

Directions and details in regard to organizing work are printed in supplements at the back of the hand book, or are issued in separate supplements which may be applied for to the Superintendent, Junior Red Cross, Beveridge Building, Calgary.

Red Cross Headquarters is always ready to give advice and assist with supplies to help the work of the Juniors.

Health Talks for Friday Afternoons.

Health Facts and Health Laws in story form, arranged along the lines of the School Curriculum.

Apply for Supplement 1.

Playing the Health Game.

A Health Club, with rules which assist in the formation of good Health Habits.

See Supplement 2—Page 15.

Health Campaigns.

Clean Up Days, etc.

Apply for Supplement 3.

SCHEDULE I.

HEALTH.

Hot Lunches for School Children.

"Children better fed, with not too much, make better grades."

Apply for Supplement 4.

Staging of Health Plays.

Copies of Plays suitable for all Grades, with directions, samples of paper properties, etc., may be had on application.

See Supplement 5—Page 18.

First Aid.

Apply for Supplement 6.

Making of Health Posters.

See Supplement 7—Page 20.

Junior Red Cross Children's Hospital.
To assist in the upkeep of this Hospital is the first duty of Red Cross Junior Branches in Alberta. The work undertaken by each Branch should include the organization of entertainments from which funds may be raised for the Hospital.

Donations of Country Produce are also welcome, and should where possible be collected and shipped direct to the Hospital.

See Page 7.

Welfare.

Visiting the sick, and gifts of fruit, flowers, or wholesome dainties, books, magazines, toys, etc., to little "shut-ins" in their own locality should be taken care of by the Junior Red Cross Branches.

SERVICE.

SCHEDULE II.

Making of Relief Garments and Hospital Sewing.

See Supplement 8—Page 22.

Toys, Christmas Cheer and Scrap Books.

See Supplement 8—Page 23.

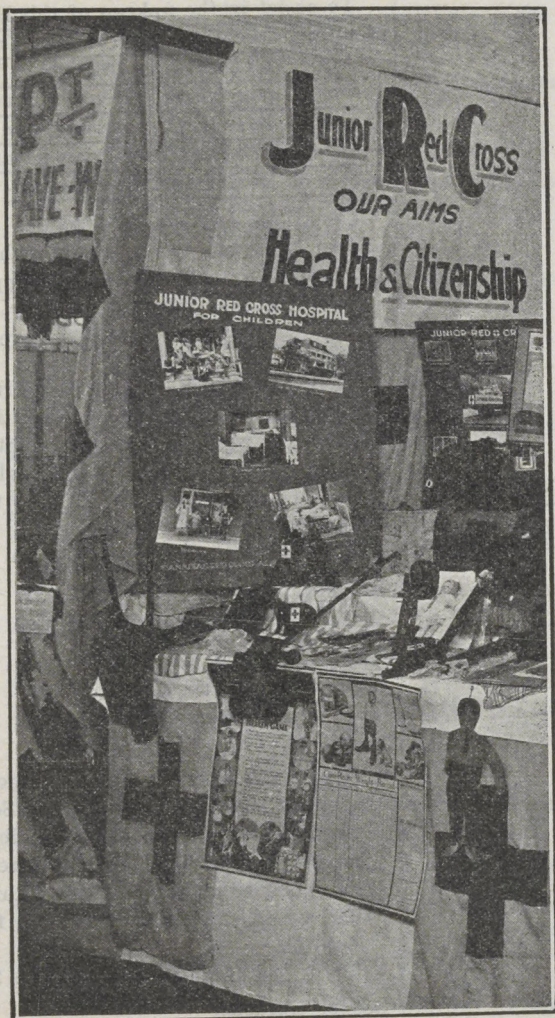
Exhibits.

School and Country Fairs are good openings for Junior Red Cross Service. On these occasions, exhibits can be arranged which will spread the knowledge of what the Junior Red Cross can do and is doing for children.

See Supplement 9—Page 24.

School Gardens.

Apply for Supplement 10.



Meetings of Junior Branches.

Practice in the Conduct of Public Business, following up the lessons in Civics as stated in the School Curriculum.

Duties of Officers.

Order of Business.

Sample Minutes.

Subjects for Discussion.

See Supplement 11—Page 24.

Topics for Papers and Discussions at Red Cross Meetings.

See Supplement 12—Page 28.

Earning of Membership Fee.

It is suggested that Junior Members raise their fees as the result of some special effort or sacrifice on the part of the member joining, or by some collective effort on the part of the group as a whole.

See Supplement 13—Page 29.

Getting Up Entertainments.

Picnics, suppers, pet animal shows, concerts, etc., the proceeds to be used for the support of the Junior Red Cross Hospital or by some special arrangement with Headquarters, for some local need.

Apply for Supplement 14.

Reporting of Cases of Sickness or Distress.

Such cases should be reported to the Senior Local Red Cross Branch, Local Health Authorities or Headquarters.

SCHEDULE III.

CITIZENSHIP.

At Home.

On School Playground: No one left out of the games.

With new pupils: Making them feel at home.

To younger children: Lending helping hand with coats, rubbers, etc.

Towards all schoolmates: Sharing up with the less well provided.

SCHEDULE IV. **FRIENDLINESS.**

A kindly deed inspired by the wearing of the Red Cross Badge, and the signing of the Red Cross Pledge, is an act of Red Cross Service.

Abroad.

“Getting Acquainted” with children in other lands by means of interchange of letters between Groups.

See Supplement 15—Page 30.

Compiling of Class Book.

See Supplement 16—Page 31.

SCHEDULE V.

JUNIOR READING.

Magazine.

"THE RED CROSS JUNIOR" is the only National Children's Magazine for Canada. It is full of interesting reading matter, is well illustrated and is only 5c a copy. It should be widely circulated.

See Supplement 17—Page 32.

Bulletin.

A Monthly Bulletin is issued from Headquarters containing news of "Our Juniors" and other matters. It should be the duty of each Branch to send in news items for publication in this Bulletin.

See Supplement 18—Page 33.

Competitions.

From time to time Prize Competitions are arranged for Essays or Posters and the Branches advised either through the medium of Magazine or Bulletin. Junior Branches should whenever possible take part in these competitions.

THE HEALTH GAME.

Schedule I—Supplement 2.

To obtain the best results from the playing of the Health Game, it is essential to have the interested co-operation of both Teachers and Children. The Parents also can help by encouraging the children at home to keep the rules, and by doing what they can to make it possible for the children to do so.

The Red Cross Society has fixed on a Set of Rules, in the keeping of which the children may form certain good habits, which will materially improve their own health and at the same time protect the health of those with whom they come in contact. The Rules are simple, easily explained and understood, also practical, because it is within the power of all children to keep them. For the keeping of the Rules marks are given. The marks are kept on a registration card, provided by the Alberta Division of the Red Cross Society (See sample on back of this sheet). Cards will be sent on application to the Superintendent, Junior Red Cross.

It is suggested that each child in the class should be given a Card on which should be written his or her name. Part of the time allotted to the "Opening Exercises" should be used for the registering of the marks. By walking round the class, the teacher will be able to quickly inspect the children and allot the marks for the keeping of the rules governing personal cleanliness and neatness. For the other rules, the "Honor System" must be practised. This, in itself, if wisely supervised, may be a valuable lesson to the children. Children who are old enough will be able to write up their own marks. The teacher would then have time to mark the cards of the little ones herself.

The daily marks having been registered as described, they are added up on Friday afternoon, read out, and a star awarded by the teacher to the children winning a certain percentage of the possible marks. At the end of

the School Term, the Red Cross Society will present Certificates to the winner or winners of the largest number of stars. Also to the child who has shown the greatest improvement in the keeping of the Rules as certified by the teacher.

On the cards, 16 questions are asked. The teacher may select from these a suitable number according to the standard of the children in her class. The questions selected for marking may be changed at the end of one or two months at the discretion of the teacher.

As the classes improve, the teacher may choose appropriate Rules from the more advanced Cards and Posters, which may be obtained from the Superintendent, Junior Red Cross, Alberta Division, Beveridge Building, Calgary.



Name of School_____

Grade_____

JUNIOR RED CROSS. ALBERTA DIVISION. HEALTH GAME RECORD.

TODAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	etc.
I washed my HANDS.....																	
washed my FACE.....																	
washed my NECK.....																	
washed my EARS.....																	
cleaned my NAILS.....																	
brushed and combed my HAIR....																	
brushed my TEETH.....																	
have been to the TOILET.....																	
YESTERDAY I went to bed early.....																	
had a bath.....																	
slept with window open.....																	
drank one pint of milk.....																	
drank no tea or coffee.....																	
ate some vegetables or fruit.....																	
took four drinks of water.....																	
played out of doors.....																	
Total marks.....																	

Name of child.

Name of teacher.

GETTING UP A HEALTH PLAY.

Schedule I—Supplement 5.

The first thing to do is to decide whether the Branch is willing to stage a play. This is to be found out by means of a vote taken when the members are at a meeting of the Branch and would come under the heading of New Business.

A member will then rise and say: "I propose that our Branch should get up a Health Play," and another member rises, saying: "I second the motion." The President then says: "It has been moved and seconded that this Branch get up a Health Play, all in favor say 'Aye,'" waiting while the members reply, then asking, "Any to the contrary say 'No'". If no one objects the President declares the motion carried and proceeds with the discussion of the Play.

First, it will be necessary to find out who wish to take part. This can be ascertained by asking the members to stand up who are willing to learn the parts and act in the play and the names of these boys and girls are noted by the Secretary.

Now comes the choice of the play. Any member who has at home suitable material should offer it, or the school library should be looked through, or the President will ask the Secretary to obtain it. If advice is needed on the selection of a play, the Secretary will be requested to write to Head Office, at the same time requesting the loan of one or two plays.

From amongst the older members a small committee should be formed to meet together and consult as to the parts suitable for the members, how to obtain the necessary properties, and if the teacher is agreeable, to elect her as stage manager.

When the plays are read through by this Committee, and one decided on, the parts must be written out and given to each member of the cast. Rehearsals twice a week should take place until the children are word perfect. The teacher or an elder pupil will give the necessary

lesson in dramatic art which will give the performance finish and good taste. The last few rehearsals should take place on the platform or stage where the play is to be performed, the last being "Full Dress" rehearsal.

The costumes in most cases can be home-made of crepe paper or in many instances can be borrowed from friends. Scenery is usually difficult to obtain but anyone handy with their brush can paint background on beaver board or building paper to represent woods or interiors. The properties of most plays are easily brought from the homes of the actors and their friends, and when borrowed should always be sent back in good condition. Footlights can be easily arranged and greatly add to the effect of the play. Take large sized tomato cans and cut out half of the side. In the bottom drive a nail and on this spike place a candle not too tall as the light should not reach more than three parts up the can. These cans should be arranged at equal distance along the front of the stage and at a safe distance from the curtains. If very small children take part it is not a desirable thing to have footlights at all on account of fire.

There must be two curtain-drawers, whose duty it is to listen for the direction "Curtain" and draw same at the end of each scene.

All properties of the very small children such as those who are fairies should be in the care of older girls whose business it is to dress little ones behind the scenes. The scene shifters are to be on hand as soon as the curtain falls to place the stage ready for the next scene. The boys who draw the curtains are usually scene-shifters.

The teacher is as a rule the prompter of the play and sits in front of the stage where all the actors can see her and hear her give them their cues when they happen to forget. All the actors must learn to speak clearly in order to be heard at the end of the hall. At rehearsals it will be necessary for the directors to stay at the back of the hall to detect any indistinctness.

Re Curtains.

In rural schools where curtains are not often available it is a good idea for the Junior Red Cross to try and make their own. This can be done at little or no outlay by using sacks—either gunny sacks or flour sacks. A sack-shower can be held by the members at the close of their Friday meeting when each child donates one or two sacks. These sacks must be unpicked and sewn together into curtains with a fairly good bottom hem. They should be dyed—dark green or red give good results. They are attached by curtain hooks to a wire stretched across the stage. The work of making the curtains is often given to those members who have not an acting part to take in the play. Also such duties as ticket making or poster making may be assigned to them, thus giving everyone an opportunity of sharing in the work of producing the play. We are opening at this office, a bureau of patterns and costumes for Health Plays, for loan and exchange.

HEALTH POSTERS.

Schedule I—Supplement 7.

From time to time Competitions for Health Posters are arranged, and prizes are given for the best Poster. For such Posters, only Hand Drawings and Paintings are accepted, but as many valuable lessons may be impressed on the children's minds by the preparation of Posters illustrating the simple Health Rules and Laws, all Grades should be encouraged to do such work, and the following instructions will enable teachers to make a start with the lowest Grades, gradually working up to Competition Material.

Materials Required.

Colored Construction paper, Glue or Paste, Paint Boxes and Brushes, Crayons, White, Black and Red Ink, Cutting-Out Scissors, old magazines such as "Ladies' Home Journal," "Pictorial Review," Illustrated Catalogues, cardboard, old boxes, covers of scribblers.

In Grades I to 111 Poster making is included in the

Art Course of Studies, and in most districts therefore the above supplies may be included among the purchases at the beginning of each term. Pictures cut out of advertisements, showing Tooth Paste, Tooth Brushes, Soap, Food, Clothing, etc., may be pasted on cardboard or paper. Large letters may also be cut out, and pasted on to the sheet, making suitable sentences, telling about the pictures. Pictures and printing must all be placed in position first, before any pasting is done. Several ways may be tried out, and the one giving the best artistic effect finally selected. The making of these Posters not only instils into the children's minds the Rules of Health, but gives scope to develop the child's own ideas of Beauty, Sentence Building, Composition and Spelling.

In Grades IV, V, VI, the children will not need so much assistance from the teacher. The work would be similar to the earlier Grades, with more detail in the pictures chosen, and the sentences made up either with cut out letters, or printed in Block letters, or in Pencil and Crayon.

In Grades VII and VIII, the children should practise drawing and coloring the pictures themselves, and choose suitable sentences or verses, printed in crayons, paints or ink. Rough sketches should always be made first until the best effect is produced and then the Poster should be carefully and neatly prepared, as though the author were preparing for a Competition.

A suitable size for Posters, for Junior Grades, is 12 by 9 or 12 by 12 inches; for Grades IV, V and VI, 12 by 12 and 12 by 16. For Senior Grades, Construction paper of any size may be used.

Paste may be made as follows: Mix 3 tablespoonfuls of flour to a cream with cold water. Pour this into a pint of boiling water, and boil for five minutes. A few drops of Oil of Cloves will keep the paste fresh. Keep in a covered jar.

The Junior Superintendent will be glad to receive selections of Health Posters from the various Branches.

RELIEF GARMENTS AND HOSPITAL SEWING.

Schedule II—Supplement 8.

Below is given a list of articles which the Juniors are asked to make as part of the Junior Red Cross Service. Knitting cotton, wool, and cut garments are in readiness and may be had by applying to the Superintendent, Junior Red Cross.

Wash Rags.

Drawers.

Mitts.

Bodices.

Baby Bootees.

Rompers.

Children's Stockings.

Baby Shirts.

Baby Vests.

Gertrude Petticoats.

Shawls.

Baby Gowns.

Sweaters.

Baby Bonnets.

Chemises.

Frocks.

The suggestion to sew for the Junior Red Cross should be brought up at a meeting of the Branch, and moved, seconded and approved. It must also be found out how many of the members are going to help and what they can do. If the Junior Branch is located near a Senior Branch, the Juniors should obtain material from the Secretary of the Senior Branch if possible. The advantage of this is that the Local Branch may then use the articles if needed for their local relief work. If supplies cannot be obtained from a Local Senior Branch, apply direct to the Superintendent, Junior Red Cross, Alberta Division, Calgary.

All supplies issued free from Headquarters must be returned to Headquarters. If it is desired to assist a local case the particulars must be sent in to Head Office and relief will then be issued in the usual way. This is to prevent overlapping.

TOYS.

Gifts of toys and little trifles dear to a child's heart are very welcome for distribution to sick or destitute children. The boys are expected to take a special interest in this, and should appoint one member to take charge of this branch of service. Duties: To find out if any members are able to make and contribute toys of their own manufacture, and to make a collection of such gifts.

Samples of cardboard toys are supplied on application to the Junior Superintendent.

Scrap-books are also welcome but should not be too large or heavy. Stories cut out of magazines and pasted on cards are also useful for the bed patients.

These gifts are welcome at all times but especially needed just before Christmas.

EXHIBITS.

Schedule II—Supplement 9.

Is a Fair being arranged in your neighborhood? If so, it is the duty of the Secretary of the Junior Red Cross Branch to find out when and where the Fair is to be held and what organization is getting it up and find out whether permission would be given to arrange a Red Cross Exhibit in connection with the Fair. If permission is given, the Secretary should then call a meeting and explain what she had been doing about the proposed Exhibit and ask the members whether they wished to carry out the suggestion. If it is the wish of the members that this piece of service be undertaken a special committee should be formed to assist the Secretary in making all necessary arrangements. A letter should then be written to Headquarters asking what material is available for such an exhibit and giving the date of the Fair and the space available. Head Office will then select toys, sewing and knitting, posters, flowers, photos, etc., the work of the Juniors, along with a good selection of Junior Red Cross literature and Health literature generally, for free distribution at the Fair. Everything

except the literature will have to be returned to Head Office when finished with, unless the Branch arranges to have a sale of artificial flowers, made by the Junior Red Cross patients, by which a little money might be raised for our Hospital. If the members of the Branch can make special posters or toys themselves for the Exhibit this will be so much the more interesting for the visitors. Some of the members of the Branch might wish to combine the sale of flowers with a candy or cake sale so as to raise a little more money for the Hospital. The Exhibit should be laid out on a table spread with a nice white cloth and everything must be scrupulously clean and neat. The posters should be pinned on to a screen or curtain at the back of the table. A photo of a part of the Red Cross stall at the Calgary Fair is to be seen on page 12 and from it you will get an idea of how to arrange a Red Cross exhibit.

If a sale cannot be arranged at the Fair orders for the artificial flowers may be taken and forwarded to Head Office with the name and address of the buyer. The Junior Branch will then be free of further responsibility in the matter.

One Junior member should then be appointed in charge of the stall. This member should be allowed to select her own assistants but care should be taken that the stall is never left unguarded. The assistants chosen should be able to answer all questions about the Junior Red Cross work both in the schools and among crippled children and should be able to tell what we do in the Hospital. Red Cross uniform may be worn by the assistants, the girls putting on Red Cross cap and apron and the boys wearing a Red Cross armlet.

The Secretary of the Branch should also see that some notice of the Red Cross Exhibit is sent to a local newspaper. For this purpose the best essayist in the school should be asked to write an account of the stall. Possibly a small competition might be run among the members and the best press notice sent to the newspaper.

Another way of putting on a Red Cross Exhibit is to get a loan of a store window and arrange the things nicely in the window for a week or so. This will attract a great many people's attention and you will be able to talk up the Junior Red Cross as a result of the window display. A window display can be arranged at any time of year.

ORDER OF MEETINGS.

Schedule III—Supplement 11.

The President or Vice-President occupies the chair.

The Chairman, Secretary and Treasurer should be seated facing the other members.

The Chairman stands up and calls the meeting to order by asking the members to stand up and repeat the pledge.

The members seat themselves and the Chairman directs the Secretary to read the Minutes of the last meeting, and if these are approved by the members, the Chairman states that "The Minutes stand approved as read,"—and signs them. He then asks the Secretary-Treasurer, and the Chairman of any other sub-committees which may have been appointed, each in turn to give their reports, and after each report he asks: "Do the members present approve of this report?" and if they say "Yes" the reports are adopted, but if they do not approve of them, a discussion on the report can take place or he can ask the Chairman of the Committee for a further report which should be given at the next meeting.

After the business of the Minutes and the reports have been attended to, the Bulletin should be read by one or other of the members specially chosen for this duty each month. New business should be brought in for discussion and any correspondence read, and the Secretary should be instructed how to reply. New work for the Branch should then be discussed, and if there is any time left any subject which may have been suggested for discussion at a previous meeting should be taken up, or a recitation or other form of social entertainment can be put on.

When the whole of the meeting is over the Chairman asks: "Will some one move that the meeting be adjourned," and after some member has done this the Chairman states, "That the meeting is adjourned," and asks the members to stand and sing the National Anthem.

DUTIES OF OFFICERS.

The President's duties are to conduct the meetings, sign the minute book, and to give his or her advice to the Secretary or Treasurer on all matters of business when asked and generally direct the work of the Branch.

The Secretary's duties are to have a program of the business of the meeting ready for the President, i.e., Reading of Minutes, Secretary's report, Treasurer's report, Circulation Manager's report, etc., etc., according to whatever is going on in the Branch. It is also his or her duty to write the minutes of the meeting and to report on business arising out of previous minutes, and to receive and answer all correspondence.

The Treasurer's duties are to take charge of the money; to have a Cash Book, which should always be ready, balanced to date, for the monthly meetings of the Branch.

The Chairman of a Sub-Committee's duties are to supervise and report on the work of his or her own committee.

Circulation Manager. The duty of the Circulation Manager is to take charge of the sales of "The Red Cross Junior," soliciting subscriptions and undertaking distribution of magazine. If necessary, he or she may have the assistance of a small sub-committee.

COMMITTEES.

In order to make each child an active member and worker it is suggested that in large Branches sub-committees be formed to assist with any part of the work if thought advisable. In smaller Branches where sub-committees are not practical, the children should be chosen in rotation to be responsible for the carrying out of Junior Red Cross duties.

It is important that all the members of the Branch should feel their responsibility towards the work undertaken and it is suggested that certain members in rotation should be chosen each month to give special attention to the efforts mentioned on Schedule IV relating to the School Life.

SAMPLE ORGANIZATION REPORT.

JUNIOR RED CROSS, ALBERTA DIVISION.

Name of Branch or Group _____

Postal Address _____

Date organized _____

OFFICERS:

President _____

Vice-President _____

Secretary _____

Treasurer _____

Circulating Manager _____

Adult Advisor or Advisors _____

Teacher _____

Names of Members:

SPECIMEN COPY OF MINUTES.

A meeting of the _____ School Branch, Junior Red Cross, was held on the _____ day of _____, 192____, at or in _____. The President (name) occupied the chair. The Secretary (name) read the Minutes of the last meeting and these were put to the meeting for correction and after discussion were accepted, as read (or corrected). The Treasurer (name) reported the sum of \$_____ on hand and that since the last meeting _____ members had paid their fees which were forwarded to Headquarters. The Chairman of the Magazine Committee (name) reported that _____ had sent in their annual subscriptions to the Junior Red Cross Magazine.

The Bulletin was read by _____

Plans were discussed for the concert, which is to be held on _____. The Adult Advisor, Mrs. _____, gave many helpful suggestions and it is expected the concert will be a great success.

As several of the girls expressed the desire to sew for needy children, a Sewing Committee was appointed with (name) as Chairman, and the Secretary was instructed to write to Headquarters and to secure the required number of garments.

Patterns of toys which had been received from Headquarters were distributed among the boys by the Chairman of the Toys Committee and a discussion took place as to how many toys and gifts could be prepared before Christmas.

Items of interest appearing in the Monthly Bulletin were talked over and there being no further business the meeting adjourned.

President.

School Branch.

SUBJECTS FOR DISCUSSION AT RED CROSS MEETINGS.

Schedule III—Supplement 12.

Material for preparing papers for Junior Red Cross meetings and Health Discussions will be loaned on application to Superintendent, Junior Red Cross.

1. Life of Florence Nightingale.
2. The Work of the Red Cross in Peace and War.
3. Eating and Drinking. Healthful Habits. Nutritious Foods.
4. Relation of Height and Weight to Good Health.
5. Eyes and Eyesight.
6. The Need of Fresh Air. Cleanliness and Ventilation of School Room.
7. Tonsils and Adenoids—Enemies of Health and Beauty.
8. Care of the Teeth.
9. Disease Carriers, and How to Avoid Infectious Diseases.
10. The Need and Value of Sleep.
11. The Need and Kind of Exercise.
12. The Work of the Junior Red Cross for Crippled Children.
13. First Aid for Children.
14. What is Good Citizenship?
15. The Art of Community Living.
16. Studies of Child-life in Many Lands.
17. True Patriotism versus False.
18. The Civilization of Today—the "Heirs of all the Ages." (What do we owe to Egypt, Greece, Rome?)
19. Stories of Great Heroes and Heroines.
Great Statesmen, Explorers, Inventors, Artists, Musicians, Poets.
20. The Good Laws of Today.
21. Individuals and Society—Their interdependence.
(Our responsibility and the common good.)
22. Rural Life in Pioneer Times and Rural Life Today.
23. Manners and Customs of Today. Are they better or worse?
24. Junior Red Cross in School Life at Home and Abroad.

In High Schools and the higher grades of Public Schools, the Junior Red Cross may be affiliated with the Literary Club, definite time being allotted each month for papers and discussions on subjects such as those mentioned above.

EARNING MEMBERSHIP FEES.

Schedule III—Supplement 13.

There are two ways of enrolling children as members of the Junior Red Cross, first, by the enrolment of individual children who have earned their membership fees by service or personal sacrifice; secondly, by the enrolment of children by classes or groups as a result of the united effort of the whole group.

1. By Individual Service or Personal Sacrifice, which is perhaps the more general method. **By Service,** the children explain at home the "Service Contribution" idea to mother or father, asking them to give them some special task to do for which they can be paid a small sum. The mother with small children can usually employ the boys to do extra chores round the house and the girls often earn their money by giving extra help with the baby, or doing some special task of sewing or knitting. If the parents are in sympathy with the Red Cross ideal of service they will readily find some little household tasks for their boys and girls to earn the quarter. **By Sacrifice,** children can secure their fees by giving up something for which they have the money and handing it over to the Red Cross, or they can take the money from their savings.

2. Funds from Group Efforts. Juniors can get together and earn the fees for their class by arranging various little programs at which entertainments of novel character are put on to draw the crowd, for example: Red Cross Teas, Ice Cream Socials, Basket or Box Socials, Bazaars and Sales of Work, Lawn Parties and Garden Fetes, Masquerades and Cinderella Dances, Auction Sales, Jumble and Junk Sales, Plays and Dramatic Sketches, Tableaux, Concerts, Carnivals, Shadows-on-the-Sheet, Beauty Competitions, Fortune Telling Tents,

Pet Animal Shows, Bran Tubs or Fish Ponds, Christmas Tree Parties, Candy Sales, Autograph Quilts, Home-Made Toys, Hand-Painted Christmas Cards, Hot Lunches, and 5, 10 and 15 cent Stores at a bazaar or concert. The Teacher or Adult Advisor should be invited to act as director and when a concert or bazaar or show is arranged there must be a committee formed to take charge of the work of advertising in local papers or by posters, issuing tickets, door-keeping, pricing goods, selling, wrapping parcels, and taking of money and giving of change, etc.

Teas require a refreshment committee to divide up the waiting at tables, washing dishes, keeping tables cleared and re-stocked, taking tickets, placing late comers, assisting at children's tables, etc.

Advice on other programs may be obtained by writing to the Superintendent, Junior Red Cross, for supplements, mentioning which program is desired.

CORRESPONDENCE.

Schedule IV—Supplement 15.

The Junior Red Cross is arranging for an interchange of letters between Junior Branches in English-speaking and foreign countries. If your Branch wishes to obtain the name of a Junior Society in some other country with whom to correspond, request should be made to Provincial Headquarters. This correspondence should not be carried on between individual Juniors. The letter is intended to be sent from the Red Cross Branch or School Room Group.

When these letters are being written the children should be asked to think of and write about what would interest them if they were receiving a letter from a school in some other country. They should endeavor to tell something about their city, town or village, the Province in which they are living, the kind of life which is lived by children on the prairie, something about the history of their own Province, the flowers and wild animals. They should endeavor to give pictures of

what life is like in the West and should remember that they are writing as Canadian children who want to show Canadian life at its best.

Information of a similar nature should be asked for from a Branch to which the letter is addressed.

Letters must be forwarded through the Provincial Office of the Red Cross enclosed in envelopes addressed to the Superintendent, Junior Red Cross. They will be despatched from Headquarters to their destination. Letters written from abroad to Junior Branches in Alberta will also be sent to Headquarters and re-addressed from there.

The following suggestions are given as to how this correspondence should be undertaken in the School Room:

- (1) Each member of the class should be asked to write a letter from which the best may be chosen by the Teacher as representing the Junior Group or Branch.
- (2) Class letters may be compared and the best paragraphs taken from a number of letters, put together and sent as the Class effort.

CLASS BOOK.

Schedule IV—Supplement 16.

It is suggested for Senior Grades that a Class Book should be prepared. The directions for this work are as follows:

Good paper about 12x9 inches should be used. The cover of the book should be tastefully decorated. Snapshots should be used for illustrating. Information may be collected under the following headings:

History of Alberta.

Alberta's part in the war.

Geographical situation of the Province, information about rivers, mountains, lakes, etc.

Industries and cities.

What relation Alberta bears to the rest of Canada.

Description of climate.

Agricultural farms.

Railroads, Public Buildings.

National Parks: Rocky Mountain Park, Jasper Park, Wainwright, and Waterton Lakes Park.

School Activities.

Sports, Games, Entertainments.

Work of the Junior Red Cross itself in the school.

It is suggested that English composition classes may be made use of for compiling the information.

Any Senior Grade wishing to attempt the compiling of a Class Book should write to the Superintendent, Junior Red Cross, for further information.

THE RED CROSS JUNIOR.

Schedule V—Supplement 17.

The Red Cross Junior is the official organ of the Junior Red Cross Society, and is published every month by the Canadian Red Cross Society, Toronto, and distributed by the Provincial Offices.

The subscription price is 50 cents per year, 5 cents per copy. The magazine does not appear in July or August.

The Red Cross Junior is written for boys and girls, and contains stories, travel-tales, playlets, health articles, poetry, nature studies, and sketches of the lives of great men and women. It gives the news of the Junior Red Cross throughout the Dominion. The Magazine is well illustrated, and from time to time competitions, with attractive prizes, are arranged for the readers. The winning competitions are printed in the Magazine.

Circulation. In each Red Cross Branch there should be a Circulation Manager, whose duty it is to look after the sales of the paper. It is desirable that each family represented in the school should have one copy of the Magazine. The Circulation Manager will receive on requisition each month a parcel of magazines from Headquarters for sale. He should open a subscription list and enroll subscribers, who pay 50 cents for the year or 5 cents a copy.

The names of annual subscribers, together with the money subscribed, must be sent to Head Office.

Single copies can be sold at any time. It is well to have them on sale at the meetings, or if the local store will consent they may be placed on sale there. Unsold copies may be kept on hand for a month, and, if desired, can be sent to sick or shut-in children, such gifts being reported to Headquarters.

By collective effort the school may subscribe as a whole for a certain number of magazines, paying for them out of the proceeds of a special effort organized for the purpose, such as magazine-teas or lunch-parties. The magazine will prove useful in many classes for collateral reading, and, if possible, sufficient copies should be owned by each class to permit of them being used in this way.

Branches are invited to send in to Headquarters items of interest in connection with Red Cross activities or news of the Red Cross service which they have been able to render in their community. Stories, useful hints for Red Cross workers, recitations suitable for boys and girls may also be sent in but these must not be too lengthy.

Interesting photos may be sent in, either of individual members or of classes which are formed into Branches, showing the activities, such as snap-shots of a group in a clean-up campaign, a gym-class at Red Cross drill, a tableau, the cast in a play, a booth at a bazaar filled with Red Cross goods, etc. With each photo must be written the name of the sender and the Branch represented.

The Red Cross Junior is published solely for the purpose of providing the best reading matter for young people; the cost of the paper is greater than the 5 cents charged, and the money in no way benefits the Hospital, as it is barely the price of publication.

BULLETIN.

Schedule V—Supplement 18.

The Bulletin is issued monthly from Headquarters and is intended to keep Branches well informed regard-

ing Red Cross matters in the Province. The Bulletin is mailed to the Secretary each month, and it is her duty to arrange that sufficient time be allotted to reading aloud its news in the afternoon program. The task of reading aloud the Bulletin may be given to any member of the Branch, dividing the honors equally amongst the boys and the girls. It is most important that members are kept in touch with the work done in other parts of the Province and also that they hear the news of the Junior Red Cross Hospital patients.

It is suggested that Branches hearing the Hospital news read aloud, and finding that patients from their own district are either entering or leaving the Hospital, should take a personal interest in such cases and form a small Visiting Committee to call at the home of the child with greetings from the Branch.

FIRST AID FOR SCHOOL EMERGENCIES.

"In every school there should be a small First Aid box. This box contains the necessary articles to deal with the ordinary school accidents."

Fainting.

You can tell when a person is about to faint by the ashy color of the face. When you see a person in this state, immediately lower his head until it is between his knees. To do this, hold the head firmly with one hand across the brow, and the other at the back of his neck. This causes a rush of blood to the head, and, if done in time, will prevent fainting. If the clothing around his neck is at all tight, this should be loosened. Have some one open all the windows, and as soon as possible give him a drink of cold water.

If the patient has fainted and fallen before you noticed what was happening, leave him lying flat on the floor for the time being. Do not place anything under his head for a pillow. If an adult is present, or if several children can lift the patient by the feet until only

the head and shoulders rest on the floor, consciousness will quickly be restored. If this is not possible, flick the face with a towel wrung out of ice-water or very cold water and hold a piece of cotton wool saturated with Spirits Ammonia Aromat to his nose. When he begins to revive, give him a drink of very cold water. You might add to it a quarter of a teaspoonful of the Spirits Ammonia Aromat. A bottle of this mixture, well corked, should always be kept in the First Aid box.

For some time after fainting, the child should remain lying down. He should be made as comfortable as possible and should be warmly covered. Fainting is always followed by a feeling of chilliness. When the child has sufficiently recovered, he should be sent home in charge of some one, as he is not able to do the ordinary school work for the rest of the day.

Nose-Bleed

The simplest and usually effective treatment, is to compress the lip and side of the nose which is bleeding with the index finger gently but continuously for at least five minutes. Cold applications to the nose and back of the neck are frequently quite effective. Have the patient seated with head held erect and breathing deeply and regularly through the mouth. The child should be warned not to blow his nose, so that the forming blood clot will not be disturbed.

There are some cases of nose-bleed so severe that these simple measures do not suffice. In that case a physician should be sent for. If some time is likely to elapse before his arrival, the nostrils should be packed. To do this, boil scissors and forceps and carefully scrub the hands with a brush and soap. Cut off a few inches of the narrow sterilized gauze in the First Aid box, and with the forceps, gently introduce it into the bleeding nostril. Force it straight back, not upwards, and keep on inserting it until the nostril is completely packed. This method will usually stop the severest nose-bleed.

Wounds

The ordinary wound should be swabbed at once with Tincture of Iodine. Never use water on a wound unless it has been boiled. If the area around the wound is dirty, carefully cover the wound itself with a piece of sterilized gauze and hold that in place, while cleaning around the surrounding area. Scrub away from the wound, not towards it; otherwise you will be sure to introduce dirt into the wound. After having swabbed the wound with Tincture of Iodine, place on it several layers of dry sterilized gauze and bandage it in place.

Before attempting to dress a wound you should carefully scrub your hands with hot water and soap, using a nail brush.

Wounds, however, may continue to bleed. In that case we call them haemorrhages. These may be divided into three groups—capillary, venous and arterial.

A capillary haemorrhage is characterized by oozing of the blood. It is practically always controlled by a dry sterilized dressing and snug bandage.

Where a vein is injured you will see a steady flow of dark red blood. If this is not controlled by a snug bandage, press with the thumb on the side of the wound farther from the heart, since the blood in the veins is flowing towards the heart.

The most serious haemorrhage is that resulting from a cut artery. In this case, you see regular jets of bright red blood spurting from the wound. Send for a physician at once. In the meantime, elevate the part and apply pressure on the side of the wound nearer the heart. If the wound is in an arm or leg, apply a tourniquet. You will find a triangular shaped piece of cotton in your First Aid box for this purpose. A fairly large handkerchief may be used by knotting it loosely around the arm; then insert a lead pencil lengthwise between the arm and the handkerchief, and keep turning the pencil about until it tightens the bandage sufficiently to stop

the bleeding. Do not leave a tourniquet on longer than is necessary to stop the bleeding. After the tourniquet has been on for twenty minutes release it gradually and leave it loosely around the limb in order that it may again be tightened if bleeding recommences. If a tourniquet is left on too long it may cause gangrene.

Frost-bite

A frost-bite can easily be detected by the completely white appearance of definite skin areas. This is due to the arrested circulation of blood to the part.

First apply gentle friction to the part until the white area becomes reddened, showing returned circulation of blood. If the frost-bite is slight, apply vaseline and dressing and keep the part elevated for an hour or so afterwards. If blisters form, sterilize a needle or a pair of scissors by boiling for five minutes, and prick the lower edge of blister. Gently squeeze out the fluid and then apply boracic compresses. These must be changed frequently enough to keep them always moist. If it is a frost-bite on the hand or foot, the best treatment is to immerse the part in a basin containing warm boracic solution.

Boracic solution is made by dissolving a tablespoonful of Borax crystals or powder in a pint of boiling water. This solution should be allowed to become just comfortably warm before using it for the purpose indicated above. A compress is made by dipping several layers of gauze cut the right size for the part affected into the solution, and squeezing it out sufficiently so that the solution will not drip from it when it is applied. If a piece of oiled silk is placed over the compress and then a thick pad of absorbent cotton over that, the compress will stay moist for about two hours or possibly longer.

Burns and Scalds

The deaths from burns and scalds depends not on the depth of the burn or scald but on the amount of body surface affected. If over a third of the body sur-

face is burned, death is apt to result from shock to the nervous system. In that case, send for a physician at once. In the meantime, get the patient into a tepid bath and give any safe stimulant you have on hand.

If a child's clothes take fire, have him roll on the floor. This will smother flames. If he is badly burned remove the clothes by cutting, and get the injured part into a tepid bath.

For the ordinary small burns and scalds apply baking soda and moist dressing.

When blisters form, treat as in frost-bite.

Swallowing a Pin

Roll up little balls of absorbent cotton about three-quarters of an inch in diameter, moisten and have the child swallow about half a dozen. The pin becomes embedded in these and will then not scratch the lining of the alimentary canal. **Do not give a purgative.**

Foreign Body in the Ear.

Leave it alone unless it is in plain sight and can easily be removed with forceps or by touching it lightly with the end of a match coated with seccotine or liquid glue. Leave the match in contact with the foreign body until the glue sets and then gently withdraw it attached to the foreign body. You should not attempt to probe inside the ear, because of the danger of injuring the delicate membrane of the eardrum. If an insect gets into the ear, a little warm sweet oil should be dropped in. This will kill the insect and it can then be easily removed. Sometimes in washing the ear a little water will remain in the canal and cause a painful buzzing. To remove the water turn the head so that the affected ear hangs downward and have the patient hop about the floor to shake out the water.

Foreign Body in the Nose

Have the child blow his nose as hard as possible. An attempt should be made to remove the foreign body by

very gently inserting forceps straight back through the nostril. Never direct the forceps upward. If the tip of the nose is tilted upward it will be easier to see inside.

Foreign Body in the Eye

The most frequent source of trouble in this respect is a small cinder becoming imbedded on the inner side of the upper lid. Turn the upper lid inside out and remove the foreign body with a wisp of absorbent cotton wrapped around the end of a toothpick or a match. If an acid of any kind gets into the eye immediately pour water into the eye. Pour one pitcherful after another into it, until it is thoroughly flushed out. Call a physician at once.

Choking

Hold the child downwards and slap on the back.

Sprains

A joint is sprained when, due to a wrenching or twisting of the part, the ligaments which guard the joint become stretched or torn. This injury is most commonly found at the wrist or ankle and the swelling which accompanies it is due to bleeding from the torn blood vessels of the ligament affected. The pain and swelling which rapidly ensue make it difficult at times to distinguish between sprains, dislocations and fractures; however, a little care taken to compare the affected part with its opposite mate will usually indicate the difference.

In all cases the primary treatment is the same. To prevent the swelling with its accompanying pain and tension and to arrest bleeding, elevate the part and apply ice or cold water. Then apply a snug bandage and place the joint at rest in most comfortable position. After the acute stage has passed and swelling has diminished, hot compresses may be applied and the part gently massaged toward the body. At this stage some movement of the part should be begun to avoid stiffness.

Dislocations

A dislocation of a joint is an injury by which one of the bones which enter into it becomes forced out of relation to the other, and is the result of direct or indirect violence or muscular exertion. Since more or less rupture of the ligaments of the affected joint always takes place, the signs and symptoms are similar to those accompanying sprains, viz.: pain, swelling, loss of motion with the added sign of joint deformity. This injury is usually found in the upper extremity involving shoulder, elbow, wrist or fingers. In all cases with the probable exception of the latter, a surgeon's skill will be required but meantime treatment the same as that given for sprains will be in order.

Fractures

The signs and symptoms of fracture are, pain, loss of function, a sensation of grating on movement, shortening of the part and extensive swelling from bleeding about the part injured. The pain causes reflex spasm of the muscles attached to the bone injured and thus increases the suffering. If the part is not made steady by splints, the sharp ends of the bone may produce a compound fracture from a simple one. For this reason any attempt at reduction must not be made but the injured part should be kept as quiet as possible and the patient must not be moved by unskilled hands.

Temporary splints may be made from any material at hand and these should be carefully tied or bandaged to the limb so as to include the joint above and below the fracture. When an injury is severe it is better to assume that a fracture is present and avoid any manipulation which would make matters worse. It is always better to rip or cut off the clothing than to attempt to remove it in the usual way. If swelling is severe, ice cold compresses should be applied. In case of compound fracture swab the wound with iodine and apply a dry dressing of sterilized gauze before adjusting the splints.

Apparent Drowning

Lay the patient face downwards, with one arm extended directly overhead, the other arm bent at the elbow and the face resting on hand or forearm, so that the nose and mouth are free for breathing.

Kneel over the patient, straddling his hips. Place the palms of the hands on the small of the back with fingers resting on the ribs, the little finger just touching the lowest rib, the thumb along side of the fingers, the tips of the fingers just out of sight.

With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the patient. The lower part of the chest and also the abdomen are thus compressed, the air is forced out of the lungs, the diaphragm is kept in natural motion, and the circulation of the blood increased.

Now immediately swing backward so as to completely remove the pressure. The chest walls expand, and the pressure being removed, the diaphragm descends and the lungs are supplied with fresh air.

After two seconds swing forward again. Then repeat twelve to fifteen times a minute the double movement of compression and release. If a watch or a clock is not visible, follow the natural rate of your own breathing. The proper rate may be determined by counting—swinging forward with each expiration and backward with each inspiration.

While this is being done, someone else should loosen any tight clothing about the patient's neck, chest or waist. Try to keep the patient warm by having someone cover him with a blanket and by placing hot water bottles near his body, but outside the blanket to prevent burning him.

Continue this artificial respiration without interruption until natural breathing is restored; if necessary, for four hours.

When the patient revives, he should be kept lying down. Give him a drink of hot ginger, tea or coffee, or 15 drops of Spirits of Ammonia in a glass of hot water. Always send for a doctor.

Watch the patient until the doctor comes, and if normal breathing stops, artificial respiration should be started again at once.

Junior Red Cross Branches desirous of purchasing First Aid Kits should apply for information to the Superintendent Junior Red Cross, Beveridge Building, Calgary.



A CORDIAL INVITATION
is extended to Teachers,
Supervisors, Adult Advisors
and all Members of the
Junior Red Cross to visit the
Superintendent at Headquar-
ters, Room 210 Beveridge
Building, and the Junior Red
Cross Hospital, 522 18th Ave.
— West, Calgary —

To reach Hospital take White Line
or Belt Line Car.